

The Bloomfield Times.

Tuesday, May 27, 1873.

FARM AND HOUSEHOLD ITEMS

We invite communications from all persons who are interested in matters properly belonging to this department.

Quantity of Food.

People often ask us, "What is the proper quantity of food? This depends very much on what the food is, and who the person is, and what his pursuits are. We doubt not that most people who have the means eat a third more than they really need, and venture the assertion, that if each man of good constitution and health could begin at twenty-one, having been properly fed until that time, he might live to be seventy or seventy-five years of age and not need the aid of a doctor at all.—We believe that nine out of ten could do so. But just how a person should live to avoid entirely all causes of disease, no man, perhaps, is wise enough to prescribe. It may be safe to assert that most people who are healthy and hearty eat a little more at every meal than they should. That sense of fullness, that extra heat of the face, and the inclination to be sleepy after a meal, shows that it has been too heavy. Most people eat too rapidly and take in more food than they are aware of. The appetite is not allayed, and they eat as long as they can hold it, because it tastes good.

Suppose one were to eat parched wheat or corn; were obliged to masticate it, moistening it by the saliva, having no coffee, tea, or water to "wash it down," he would not be likely to eat too much for several reasons, the chief one being, that while eating so slowly, his stomach would begin to appropriate the food, some of the juices of the food would be absorbed and carried into the circulation and the appetite would be partially satisfied before he had finished. Moreover, there would be a mechanical satisfaction on the part of the stomach. It would take perhaps three-quarters of an hour to eat as much of that kind of food as would satisfy him. Then he would get exercise enough for his teeth, so that they would be healthy, and all the glands of the mouth would do their work. The stomach would come into healthy action, and the person would be satisfied as soon as he had eaten enough. Doubtless he would eat but little more than half as much in that way as he would to have the wheat ground and made into mush, that could be eaten without the use of the teeth, and forsooth obtained before the stomach had time to respond.

Persons, generally, who are fat, and are anxious to reduce their flesh, can do so by eating a third less of food than is their customary habit. Some would have to reduce the amount one-half to bring them to a proper standard. This plan would require self-denial; but people undergo, through self-indulgence and its consequent vexation and annoyance ten times more to mitigate or rid themselves of trouble than would be necessary to avoid it altogether. A lady came to us for a phrenological description whose face was thickly covered with pimples, fiery red blotches, like mosquito bites. Thinking we could hardly do her better service, we asked, at the close of our phrenological description, if she would like to be rid of those pimples. She started with delight and hope, and said, "Certainly; what shall I put on?" We replied, "Nothing; but eat less sugar and butter, eat lean beef, fruit and keep clear of griddle-cakes and their accompaniments for three months, and your face will be clean and fair." In one month after she came in without a pimple on her face, to show us what virtue there was in our simple prescription. She had doubtless been buying cosmetics at a dollar a bottle for a year, greatly to the advantage of the dealer. Like the woman of the Scripture, she became no better, but rather worse.

We eat too much. We eat the wrong articles of food. We have pimples, headaches, dyspepsia, kidney complaint, liver difficulties, and rheumatism. The old rough statement that "men dig their graves with their teeth," has more truth than poetry in it. If men would use their teeth properly, they could postpone the time for having their graves dug for many years.—Phrenological Journal.

No Trees bring Rain!

At a scientific discussion in England a gentleman from Santa Cruz, West Indies, said that twenty years ago that island was a rich and ever-blooming garden. Forests adorned the hills, trees were clustered freely over the plains, and rains were never wanting for the abundant production. The island is twenty-five miles long and the soil is all fertile. Now the hills are bare and the trees of the plain have been mostly cut down. Continuous droughts have desolated one-third of the island and year by year desolation advances. Soon the whole island is doomed to become a desert. Official papers agree in attributing this scourge to the reckless waste of timber and the neglect to plant the forests.

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